

Sadhguru- Everithing is just a tool towards your liberation and Mukti



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- realize the nature of the existence
- existence will yield to you only if you pay attention to something.
- only conclusions in your head, only monologues going on in your head.
- how does one in today' s time retain attention span.
- pay attention to something continuously
- Bringing up your child does not mean just sending him/her to school and getting marks and grades and nonsense.
- Your child in body and mind should grow up to full capabilities.
- It' 's not that I am incapable of anger;
- I am capable of everything.
- It is just that I have not given this privilege to anybody that they can make me angry, happy, unhappy, or miserable;
- I' 've not give this privilege to anybody
- Your action should be appropriate to the situations in which you exist.
- I am just appropriate to the situations in which I exist.
- as a person everybody has pluses and minuses like this.
- It is not that I am all plus no minus; I am not thinking like that.
- I am not really a person, that' s my problem.
- I can...in any given moment I will just make myself as it is necessary for that situation.
- first of all I don' t know where is me, ' because I make it up.
- everything is just a tool towards your liberation and mukti.
- You get married because you want to use that as a tool to your liberation.
- You raise children because you want to use that as a tool to your liberation.
- You become a sanyas because you want to use that.
- It does not matter what you do, everything is towards your mukti or liberation.

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